



- **WALKING:** - In climate-controlled banquet room, twenty-five (25) laps equals a mile.



- **OUTSIDE WALKING TRAIL:** - Each lap equals 1/3 Mile.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** - Card tables available for your use on a daily basis.



- **BILLIARDS/POOL:** There is a Bumper Pool Table as well as a regular size Pool Table in the lower level card room for your enjoyment. The tables are available Monday – Friday from 8:00 a.m. to 3:45 p.m. except Wednesdays from 1:00 to 3:45 p.m.

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- **COMPUTER LAB:** - The computer lab is available for use daily. Jack and Ryan are available every Wednesday from 9:00 to 10:30 a.m. for FREE assistance. Come in and let them help you!

REGULAR SCHEDULED ACTIVITIES:



- **EXERCISE CLASS** meets Monday and Thursday mornings at 9:00 a.m. in the Banquet Room. Our exercises are designed to help keep your joints limber.



- **TLC CLASS (Tender Loving Crafts Class):** Are you ready to try something new? We've got just the thing! Join the TLC (Tender Loving Crafts) Class at **9:00 a.m. Tuesdays** in the Craft Room downstairs. The studio fee is \$3.00 per session and project supplies will be at cost. Stop by and see what we're making. Betty Hoffman is the delightful teacher who comes up with the various projects. This month's projects are:

July 6th— Concrete Stepping Stones
July 13th— Paint Stepping Stones
July 20th— Jewelry/Magnetic Necklace
July 27th— Decal China Plates

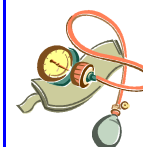
Saturday, July 24th—Come join us for some fun from 9:00 a.m. to 12:00 p.m. Crafts for all ages. We will be making Paper Beads. Call 482-4455 to make reservations. Limited to the first 15.



- **SINGING SENIORS:** The Singing Seniors meet on Friday mornings at 10:00 a.m. at the Habig Center. On **Friday, July 16th** we will be singing at **Brookside Village at 10:00 a.m.** Come join us some time.

BINGO					
7	25	44	57	62	
15	22	40	50	70	
11	30	FREE	46	74	
2	28	37	55	68	
10	27	39	59	75	

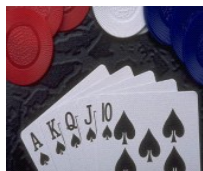
- **BINGO** will be held on **Tuesdays, July 13th** and **27th** beginning at **12:00 noon**. The cost is \$1.00 per card for all 50 games (25 per session) and \$.25 to play in two coveralls or special games at the end of each session. We ask you to keep bills to \$5 and under or correct change. Beginning at 11:30 a.m. someone will be there to collect your money. Thanks for your cooperation.



- **BLOOD PRESSURE CHECKS:** We'll have Blood Pressure Checks taken from 11:15 a.m. - 12:15 p.m. on **Tuesday July 13th** and **Tuesdays, July 27th**.



- **QUILTING BEES** will be held on **Mondays, July 12th** and **26th** from **9:00 a.m. to 3:00 p.m.** All quilters are welcome to attend and lunch will be provided. We appreciate all the quilting that you do for us!!

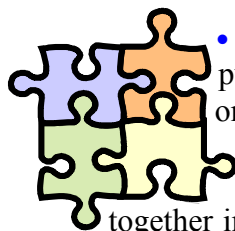


- **CARD TOURNEYS:**
 - **Thursday, July 8th**
Rum Tourney
 - **Thursday, July 15th**
Cinch Tourney
 - **Thursday, July 29th**
Rum Tourney

Games start at 12:00 (noon) and last until 3:00 p.m. \$1.00 entry fee is requested and prizes will be given away. Please sign up by 10:00 a.m. the morning of the tourney. We play 6 games in Cinch; 7 in Rum.

*******SPECIAL ACTIVITIES:*******

- **LUNCH BUNCH:** We'll be enjoying lunch at the **Shamrock Café in Ireland on Wednesday, July 21st.** They have a lunch menu for you to order off of. **Please call your reservations in to the Center by 12:00 p.m. Monday, July 19th.** As before the group still goes out "dutch treat" for lunch. We always have a great time visiting and eating at the different places.



- **PUZZLES:** Do you like to put puzzles together? We have one out on the dining room table for anyone that would like to help. Put a few pieces together in passing or sit for awhile. If you have puzzles that you'd like to bring in, please do so!
- **NEW ACTIVITIES:** We're always looking for a new activities to try here at the Center. If you have any suggestions, please let one of the staff know.

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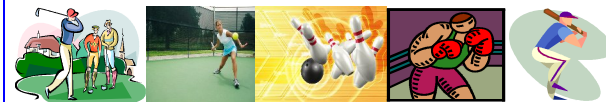
- **BOOK CLUB:** Join us to discuss this month's selection "Sizzling 16" by Janet Evanovich. We'll start at **1:00 p.m. on Wednesday, July 14th.** We're very informal, so grab your book and come along. If you didn't have time to read July's selection, bring in a favorite book that you've read, to discuss with the group and help pick a book for August.

- **CATERED MEAL:** Join us for our catered meal by **Sander Catering on Monday, July 26th at 12:00 p.m.** The menu is: Sliced Beef & Gravy, Mashed Potatoes, Glazed Carrots, Green Beans, 7-Layer Salad, Log Cabin Bread and Drink. Cost of the meal is \$7.25 payable the day of the meal. **Reservations are due by 12:00 p.m. Monday, July 12th.**

- **THE HABIG ROOM:** The Habig Room will be open for touring by appointments. Call the office at: 482-4455 to set up a time that is convenient for you. Thank you.



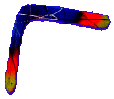
- **TRIOLEY:** Join us for Tripoley on **Thursday, July 22nd at 1:00 p.m.** Be sure to bring your pennies along as we play for pennies in this game. It's an enjoyable afternoon. We ask you to **please sign-up by 3:00 p.m. on Monday, July 19th.** This way we'll have enough Tripoley boards to use.



- **Wii GAMES:** Come in and bowl, box, play golf, tennis or baseball on the Wii. You can play alone or with a friend. It's great exercise and is available everyday but Wednesdays in the lower level card room. We're always here to help you get started!!

- **CORN HOLE:** You can try your luck at Corn Hole games in the lower level Monday thru Fridays from 8:00 a.m. to 3:45 p.m. Check with staff on the availability of the room when you come in. Hope you can join us for a fun afternoon.

- **GAME DAY:** How about a GAME DAY **Wednesday, July 7th at 1:00 p.m.** Come in and play your favorite Board Game or maybe try a new one. We have several games here or you can bring your own. Bring in your friends and play anytime.



- **BOOMERAMA:** Monday, July 19th at 12:00 p.m. in the banquet room of the Habig Community Center. Come in to hear an informative and enlightening speaker at our Boomerama. Cost is \$5.00 for lunch. **Please make reservations to attend by calling the Center by 3:00 p.m. at 482-4455 by Thursday, July 15th.**

- **TRIPS:**



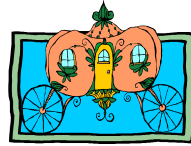
- **ELLIS PARK TRIP:** We will be leaving the Jasper High School South Parking lot at 10:30 a.m. Friday, July 16th. Transportation, reserved seats, buffet, coffee or tea, tax and gratuity are included in your trip. We will be staying for all of the races.



- **LINCOLN AMPHITHEATRE:** We will see "LINCOLN UPON THE ALTAR OF FREEDOM" on Tuesday, August 3rd. Leave Jasper High School at 5:15 p.m. Trip includes buffet at Windell's Café in Dale before the play. **Cost of the trip is \$41.25 with money due by 3:00 p.m. on Monday, July 19th. Sign-ups start by phone at 7:30 a.m. on Friday, July 9th.** Each caller may sign up to 4 Dubois County Senior Citizens per call. The play takes place in a Washington, D.C. boarding house where Lincoln lies dying. Overnight his wife keeps vigil as his spirit struggles with holding on to continue his work on earth, or just letting go. A chorus of voices assures him that his work is done. Ours is just beginning. Enjoy the evening at Lincoln Amphitheatre.

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- **DERBY DINNER PLAY HOUSE TRIP:**



- We will leave for Derby Dinner Playhouse on **Wednesday, August 11th at 10:15 a.m. from the Jasper High School South Parking Lot.** Cost of the trip is \$45.00 for: transportation, dinner, show, gratuity and tax. **Money is due by 3:00 p.m. Tuesday, July 20th.**

- **NOTICE:** July and August trips will be leaving from the Jasper High School South Parking Lot.

- **BOOK SHELF:** We have spaces available if you would like to bring in books to loan out or borrow. Make sure your name is in the book and we will have a sign in and out sheet available. If you have any questions, please feel free to call us at 482-4455. Thank you!! We have a nice selection for you to pick from.

- **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!

- **SUNDAYS:** With the help of volunteers, the Center is able to be open Sundays from 1:00 to 4:00 p.m. for your enjoyment. If you'd like to volunteer to open for us, please call the Center at 482-4455.

- **CLOSED:** Older Americans will be closed on Monday, July 5th in observance of the July 4th Holiday. Have a Happy and Safe 4th of July!!



HAPPY JULY BIRTHDAYS!!

1st Anna Mae Schmidt
1st Russell Starkey
5th Carol Lueken
7th Kenny Cooper
8th Shelba Schuetter
12th Pat Wagner
14th Janice Nordhoff
16th Caroline Wagner
22nd Joan Meyer
26th Bob Bachman
28th Mikki Stemle
29th Esther August

HAPPY JULY ANNIVERSARIES!!



7th Mr. & Mrs. Barney Moeller
19th Mr. & Mrs. Robert Mehringer
30th Mr. & Mrs. Urban Wilmes

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• RECIPE EXCHANGE:

PUDDING DESSERT

1/2 - Container Vanilla Yogurt (16 oz.)
1 - Large Can Crushed Pineapple (Do not drain)
1 - Large Container of Cool Whip
1 - Large Box Sugar Free/Fat Free
Vanilla Pudding

Mix all the ingredients together and refrigerate.